



Adventure Travel Checklist

Note: This list is intentionally extensive. Not every traveler will carry every item on every excursion.

Documents

- | | |
|--|---|
| <input type="checkbox"/> Passport | <input type="checkbox"/> Trip itinerary |
| <input type="checkbox"/> Photocopy of first page of passport | <input type="checkbox"/> Flight confirmation |
| <input type="checkbox"/> Entry visa (or required paperwork) | <input type="checkbox"/> Hotel confirmation |
| <input type="checkbox"/> Other photo ID | <input type="checkbox"/> International health card with immunizations |
| <input type="checkbox"/> Currency (valid at destination) | <input type="checkbox"/> List of key phone numbers |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Packs/Luggage

- | | |
|--|---|
| <input type="checkbox"/> Travel pack | <input type="checkbox"/> Computer bag |
| <input type="checkbox"/> Duffel (or soft-sided suitcase) | <input type="checkbox"/> Dry bag (for wet clothes) |
| <input type="checkbox"/> Day pack or waist pack | <input type="checkbox"/> Internal organizers and/or stuff sacks |
| <input type="checkbox"/> Neck pouch (for passport) | <input type="checkbox"/> Resealable plastic bags |
| <input type="checkbox"/> Money belt | <input type="checkbox"/> Luggage locks (TSA approved) |
| <input type="checkbox"/> Camera bag(s) | <input type="checkbox"/> Luggage tags (2 per bag) |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Clothing/Footwear (base choices on trip length and possible weather extremes)

- | | |
|--|---|
| <input type="checkbox"/> Wicking T-shirt | <input type="checkbox"/> Swimsuit |
| <input type="checkbox"/> Wicking underwear | <input type="checkbox"/> Rainwear (jacket and pants) |
| <input type="checkbox"/> Quick-drying pants/shorts | <input type="checkbox"/> Insulating jacket or vest (and pants) |
| <input type="checkbox"/> Short-sleeve shirt(s) | <input type="checkbox"/> Gloves or mittens |
| <input type="checkbox"/> Long-sleeve shirt (for sun, bugs) | <input type="checkbox"/> Clothing for casual or evening use |
| <input type="checkbox"/> Sun-shielding cap or hat | <input type="checkbox"/> Hiking footwear; sandals and other shoes |
| <input type="checkbox"/> Fleece or wool hat | <input type="checkbox"/> Hiking/walking socks, 2+ pairs |
| <input type="checkbox"/> Bandana or buff | <input type="checkbox"/> Liner socks |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Travel gear

- | | |
|---|--|
| <input type="checkbox"/> Travel alarm clock | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Water bottles | <input type="checkbox"/> Memory cards or film |
| <input type="checkbox"/> Water disinfection system or tablets | <input type="checkbox"/> Book/reading material |
| <input type="checkbox"/> GPS/personal navigator | <input type="checkbox"/> Field guides; historical guidebooks |
| <input type="checkbox"/> Headlamp or flashlight | <input type="checkbox"/> Language phrasebook |
| <input type="checkbox"/> Binoculars | <input type="checkbox"/> Music player with headphones |
| <input type="checkbox"/> Battery charger | <input type="checkbox"/> Journal or sketchbook with pens/pencils |
| <input type="checkbox"/> Extra batteries | <input type="checkbox"/> Quick-dry travel towel |
| <input type="checkbox"/> Electrical outlet converter | <input type="checkbox"/> Sleep sheet (or sleeping bag liner) |
| <input type="checkbox"/> Knife or multi-tool (in checked luggage) | <input type="checkbox"/> Travel pillow |
| <input type="checkbox"/> Umbrella | <input type="checkbox"/> Packable luggage scale |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Personal items

- | | |
|---|---|
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> First-aid kit (see our First-aid checklist) |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Prescription medications |
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> Toiletry kit |
| <input type="checkbox"/> Insect repellent | <input type="checkbox"/> Toothbrush |
| <input type="checkbox"/> Hand sanitizer | <input type="checkbox"/> Tissue or toilet paper |
| <input type="checkbox"/> Alcohol or antiseptic wipes | <input type="checkbox"/> Cosmetics |
| <input type="checkbox"/> Skin lotion | <input type="checkbox"/> Brush and/or comb |
| <input type="checkbox"/> Spare eyeglasses or contact lenses | <input type="checkbox"/> Sleep aids (eyeshades, earplugs) |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Find packing guidelines for specific REI Adventures trips at REIAdventures.com.